WEST CHESHIRE ROAD RUNNIG RANKINGS 2019

Note : chip times, where avilable, are used; gun to finish times increasingly disadvantge the slower runners in large events.

Handicap Codes can be compared across different distances.

Also the same number for males and females is a comparable performance.

MALE

5km	**Time**	***c = chip timing***			**Best Time in 2018**	***H'cap Code***	
Joseph Morrison	15:35	c	Mid-Cheshire (Summer)	29-Aug		3.1	10th fastest in Cheshire
Ethan Ackroyd	15:45	c	Mid-Cheshire (Spring)	26-Apr	*16:05*	3.7	
Sion Roberts	16:09	c	Christleton	17-May		5.0	
Thomas Booth	16:13	c	Christleton	17-May		5.2	
Bradley Spurdens	16:31	c	Christleton	17-May		6.2	
Ethan Greenland	16:49	c	Mid-Cheshire (Spring)	26-Apr		7.2	
Jon Park	16:53	c	Christleton	17-May		7.4	
David Dentith	16:58	c	Christleton	17-May		7.7	
Mark Davies	17:04	c	Christleton	17-May	*16:59*	8.0	
Paul Morrison	17:08	c	Wirral Seaside	27-Mar		8.2	
Jamie Richardson	17:09		NA Champs, Birkenhead	24-Mar		8.3	
Steve Fernyhough	17:20	c	Wirral Seaside	27-Mar	*18:10*	8.9	
Robert Little	17:28	c	Mid-Cheshire (Spring)	28-Mar	*17:06*	9.3	
Andrew Carter	17:29	c	Christleton	17-May	*17:18*	9.3	
Andrew Carter	17:29	c	Mid-Cheshire (Summer)	23-Aug	*18:53*	9.3	
Neil Hershaw	17:41	c	Christleton	17-May	*17:18*	10.0	
Isaac Tait	17:42	c	Christleton	17-May		10.0	
Curtis Rodway	17:51	c	Wirral Seaside	31-Jul	*18:17*	10.5	
Andrew Cooper	18:02	c	Capenhurst	21-Aug		11.0	
Richard Hayes	18:07	c	Mid-Cheshire (Spring)	26-Apr	*18:02*	11.3	

Danny Paddock	18:21	c	Mid-Cheshire (Spring)	26-Apr	*18:01*	12.0	
Ian Gloyne-Phillips	18:22	c	Capenhurst	21-Aug		12.0	
Tom Cable	18:34	c	Mid-Cheshire (Summer)	29-Aug	*18:46*	12.6	
Antony Woodall	18:46	c	Christleton	17-May	*18:39*	13.2	
Nick Duffy	18:58	c	Wirral Seaside	28-Aug		13.8	
Andrew Clague	19:14	c	Christleton	17-May	*18:10*	14.6	
Fraser Campbell	19:20		NA Champs, Birkenhead	24-Mar		14.8	
Patrick Tait	19:34	c	Christleton	17-May	*20:03*	15.5	
Joseph Hancock	19:36		NA Champs, Birkenhead	24-Mar		15.6	
Luke Ellis	19:50	c	Mid-Cheshire (Summer)	29-Aug		16.2	
David Irving	19:53	c	Mid-Cheshire (Summer)	29-Aug	*20:09*	16.4	
Ian Ackroyd	21:52	c	Wirral Seaside	28-Aug	*22:31*	21.6	
Stuart Hague	21:53	c	Wirral Seaside	26-Jun		21.6	
David Bish	25:30	c	Christleton	17-May		29.9	
Mark Duffey	27:55		Dunham Massey - 2	13-Jun		34.9	
Brian Beattie	30:19		Falesia, POR	19-Mar	*26:57*	39.4	
Dave Brierley	32:05	c	Ruthin	24-Feb	*33:58*	42.5	

5 mile

Joseph Morrison	26:33	c	Abergele	03-Nov	*30:25*	5.7	6th fastest in Cheshire
Sion Roberts	27:27	c	Chester Spring	10-Apr	*27:24*	7.5	
Thomas Booth	27:44	c	Chester Spring	10-Apr		8.1	
Bradley Spurdens	28:43	c	Chester Spring	10-Apr		10.0	
Mark Davies	28:57	c	Chester Spring	10-Apr	*28:49*	10.4	
Rob Little	29:06	c	Alsager	03-Feb	*28:37*	10.7	
Graham Wells	29:23		Hope, N Wales (BL)	31-Mar	*29:05*	11.3	
Neil Hershaw	29:36	c	Birkenhead Park	05-Jun	*29:46*	11.7	
Jac Goodall	29:48		Hope, N Wales (BL)	31-Mar	*28:16*	12.0	

Andrew Carter	29:51	c	Birkenhead Park	05-Jun	*29:15*	12.1
Michael Young	29:54	c	Chester Spring	10-Apr		12.2
Steven Fernyhough	29:55	c	Birkenhead Park	05-Jun	*30:34*	12.2
David Alexander	30:02		Hope, N Wales (BL)	31-Mar	*30:27*	12.4
Paul Morrison	30:26		Hope, N Wales (BL)	31-Mar	*30:24*	13.2
Andrew Clague	30:26	c	Chester Spring	10-Apr	*30:09*	13.2
Curtis Rodway	30:47	c	Chester Spring	10-Apr	*30:32*	13.8
John Parlevliet	30:49		Hope, N Wales (BL)	31-Mar	*30:36*	13.9
Richard Hayes	31:14	c	Birkenhead Park	05-Jun		14.6
Antony Woodall	31:16	c	Chester Spring	10-Apr	*31:50*	14.6
Luke Ellis	31:32	c	Chester Spring	10-Apr	*30:49*	15.1
Isaac Tait	32:40	c	Chester Spring	10-Apr		17.0
Anthony Spruce	32:44	c	Chester Spring	10-Apr	*31:16*	17.1
Joe Foy	33:07	c	Chester Spring	10-Apr	*32:49*	17.8
David Irving	33:29	c	Chester Spring	10-Apr	*34:00*	18.4
Patrick Tait	34:31		Hope, N Wales (BL)	31-Mar	*36:35*	20.0
Stephen Ball	36:50	c	Chester Spring	10-Apr	*37:20*	23.6
Dave Tiernan	37:21		Hope, N Wales (BL)	31-Mar	*37:07*	24.3
Dominic Walster	37:30	c	Chester Spring	10-Apr		24.6
Mark Gallagher	37:32	c	Chester Spring	10-Apr	*36:51*	24.6
Jon Moorhouse	38:07	c	Chester Spring	10-Apr		25.5
Rory Willson	40:49		Hope, N Wales (BL)	31-Mar	*35:22*	29.2
Tony Kennedy	45:38		Hope, N Wales (BL)	31-Mar	*40:25*	35.3
Brian Beattie	46:15	c	Chester Spring	10-Apr	*44:28*	36.0
John Mercer	47:39	c	Chester Spring	10-Apr	*47:11*	37.6
Dave Brierley	53:40	c	Chester Spring	10-Apr	*52:17*	44.1

10km

Sion Roberts	33:12	c	Cheshire, Arley Hall	23-Mar	*38:54*	5.7	13th fastest in Cheshire
Joseph Morrison	33:33		Caernarfon (BL)	13-Oct		6.3	
Jean Claude Randon	35:20		Caernarfon (BL)	13-Oct		9.1	
Steve Fernyhough	36:06	c	Chester	10-Mar	*39:02*	10.3	
Ethan Greenland	36:16	c	Ellesmere	25-Aug	*34:57*	10.5	
David Alexander	36:19	c	Mersey Tunnel	14-Apr	*36:56*	10.6	
Neil Hershaw	36:55	c	Liverpool Spring	05-May	*36:50*	11.5	
Andy Carter	37:40	c	Helena Tipping, Wrexham	28-Jul	*36:45*	12.6	
Graham Wells	37:53	c	Guilden Sutton	15-Sep	*37:09*	12.9	
Isaac Tait	38:04		Caernarfon (BL)	13-Oct		13.2	
Aiden Heap	38:06	c	Farndon	13-Oct		13.2	
Danny Paddock	38:12	c	Chester	10-Mar	*37:58*	13.4	
Curtis Rodway	38:22	c	Guilden Sutton	15-Sep	*39:03*	13.6	
Andrew Clague	38:26	c	Guilden Sutton	15-Sep	*37:58*	13.7	
Tom Cable	38:30	c	Telford	08-Dec	*37:13*	13.8	
Michael Young	38:54	c	Chester	10-Mar		14.4	
Jack Gannon	38:59	c	Guilden Sutton	15-Sep	*37:52*	14.5	
Antony Woodall	39:18	c	Guilden Sutton	15-Sep	*39:04*	14.9	
John Parlevliet	39:33		Caernarfon (BL)	13-Oct	*38:17*	15.3	
Mark Davies	39:36	c	Guilden Sutton	15-Sep	*35:58*	15.3	
Ian Gloyne-Phillips	39:42	c	Chester	10-Mar	*38:20*	15.5	
Paul Morrison	39:53		Caernarfon (BL)	13-Oct	*42:11*	15.7	
Fraser Campbell	39:56		Caernarfon (BL)	13-Oct		15.8	
David Tiernan	40:22		Caernarfon (BL)	13-Oct	*46:15*	16.4	
Daniel Thwaites	41:02		Caernarfon (BL)	13-Oct		17.3	
Anthony Spruce	41:28	c	Chester	10-Mar	*40:46*	17.9	
David Irving	41:28	c	Chester	10-Mar	*43:53*	17.9	

Nick Duffy	41:51	c	Chester	10-Mar		18.4	
Patrick Tait	42:16		Caernarfon (BL)	13-Oct	45:56	18.9	
Rob Boggild	42:21	c	Southport Mad Dog	03-Feb		19.0	
Matthew Stanley	44:04	c	Wilmslow Festive	24-Nov		21.2	
Adam Poole	44:14		Caernarfon (BL)	13-Oct	46:33	21.4	
Brian Wright	45:03	c	Guilden Sutton	15-Sep		22.4	
Dominic Walster	45:31	c	Chester	10-Mar		22.9	
Julian Tegg	45:51	c	Mersey Tunnel	14-Apr	48:41	23.3	
Steve Hillier	45:52	c	Alderley Edge By-pass	07-Jul	41:12	23.4	
Ian Ackroyd	45:58	c	Chester	10-Mar		23.5	
Stephen Ball	46:39	c	Guilden Sutton	15-Sep	47:43	24.3	
Mark Gallagher	48:10	c	Chester	10-Mar	44:23	26.0	
Mark Povey	53:28	c	Mersey Tunnel	14-Apr	51:48	31.7	
Michael Dennis	53:53	c	Chester	10-Mar		32.1	
David Bish	55:06	c	Benicassin, ESP	12-Jan	55:55	33.4	
John Mercer	57:40	c	Port Sunlight	16-Jun	1:02:54	35.8	

10 mile

Steve Fernyhough	1:01:33	c	Rhyl	23-Feb	1:07:05	12.4	12th Fastest in Cheshire
Neil Hershaw	1:05:35	c	Knowsley	29-Sep		15.9	
Brian Wright	1:16:29	c	City of Preston	11-Aug		24.2	
Mark Gallagher	1:23:38	c	Rhyl	23-Feb		29.1	
John Mercer	1:45:38	c	Rhyl	23-Feb		41.9	

Half-marathon

Jon Park	1:18:08	c	Chester	19-May		9.8	25th fastest in Cheshire
Steve Fernyhough	1:19:43	c	4 Villages, Helsby	20-Jan	1:23:28	10.8	
Michael Young	1:21:17	c	Tour of Wirral	08-Sep		11.9	
Graham Wells	1:21:32	c	Chester	19-May	1:21:26	12.1	
Chris Palmer	1:22:41	c	Wrexham (VB)	17-Feb	1:23:54	12.8	
David Alexander	1:22:41	c	Chester	19-May	1:26:49	12.8	
Tom Cable	1:23:33	c	Wrexham (VB)	17-Feb	1:25:28	13.4	
Andrew Clague	1:23:56	c	4 Villages, Helsby	20-Jan	1:24:31	13.7	
Robert Little	1:24:50	c	Chester	19-May	1:17:09	14.2	
Richard Hayes	1:25:04	c	4 Villages, Helsby	20-Jan		14.4	
Philip Woodley	1:25:21	c	Chester	19-May	1:32:10	14.6	
Andrew Carter	1:25:31	c	Chester	19-May	1:22:44	14.7	
Antony Woodall	1:25:41	c	Lake Vyrnwy	08-Sep	1:27:30	14.8	
Andrew Cooper	1:25:45	c	Tour of Wirral	08-Sep		14.8	
Danny Paddock	1:26:00	c	4 Villages, Helsby	20-Jan	1:26:59	15.0	
Luke Ellis	1:26:25	c	Wilmslow	24-Mar	1:25:26	15.2	
Mark Davies	1:27:02	c	Chester	19-May	1:24:04	15.6	
Wullie McGarrell	1:28:53	c	Great Scottish, Glasgow	29-Sep	1:56:43	16.8	
Dan Thwaites	1:29:51	c	Chester	19-May		17.4	
Stephen Hillier	1:30:06	c	4 Villages, Helsby	20-Jan	1:32:27	17.5	
Ian Gloyne-Phillips	1:30:57	c	4 Villages, Helsby	20-Jan	1:24:49	18.0	
Jack Gannon	1:30:57	c	Liverpool 'Rock-n-Roll'	26-May	1:25:19	18.0	
Nick Duffy	1:31:36	c	Chester	19-May		18.4	
Joe Foy	1:32:10	c	Wrexham (VB)	17-Feb	1:27:33	18.8	
Robert Boggild	1:32:10	c	Chester	19-May	1:35:59	18.8	
David Irving	1:35:22	c	4 Villages, Helsby	20-Jan	1:40:18	20.6	
Anthony Spruce	1:35:25	c	4 Villages, Helsby	20-Jan		20.7	

Alex Staniforth	1:37:47	c	Darwen Heritage	07-Apr	1:20:31	22.0
Mark Gallagher	1:41:06	c	Tour of Wirral	08-Sep	1:38:46	23.8
Ian Ackroyd	1:41:18	c	4 Villages, Helsby	20-Jan	1:41:10	23.9
Julian Tegg	1:42:00	c	Tour of Wirral	08-Sep	1:33:25	24.3
Richard Smith	1:43:19	c	Anglesey	03-Mar		25.0
Matt Stanley	1:45:05	c	Lake Vyrnwy	08-Sep		25.9
Darren Shillington	1:46:53	c	Chester	19-May	1:52:42	26.8
Danirl Watling	1:46:59	c	Liverpool	10-Mar		26.9
Richard Hunt	1:54:03	c	4 Villages, Helsby	20-Jan	1:42:25	30.4
Tony Kennedy	1:56:58	c	West Coast, Lancs	06-Oct		31.8
Brian Wright	1:58:43		Budapest, HUN	08-Sep		32.6
Stephen Ball	1:59:33	c	Chester	19-May	1:43:11	33.0
Phil Howe	2:02:53	c	Anglesey	03-Mar	1:56:16	34.5
Mark Povey	2:03:22	c	Chester	19-May	1:55:23	34.7
David Bish	2:03:24	c	Benidorm, ESP	02-Mar	2:00:44	34.7
Brian Beattie	2:15:10	c	Chester	19-May	1:58:18	39.7

20 mile

Steve Fernyhough	2:30:40	c	South Cheshire	01-Sep		20.6
Mark Davies	2:40:14	c	Knighton, Staffs	10-Mar		24.0

Marathon

Jon Park	2:38:20	c	Valencia, ESP	01-Dec		6.9	4th fastest in Cheshire
Steve Fernyhough	2:52:22	c	Chester	06-Oct	03:01:13	11.5	
Michael Young	2:54:25	c	Chester	06-Oct		12.1	
Chris Palmer	2:55:08	c	Manchester	07-Apr	2:59:42	12.4	
Tom Booth	2:56:51	c	Liverpool 'Rock-n-Roll'	26-May	2:56:53	12.9	
Ian Gloyne-Phillips	3:02:46	c	Chester	06-Oct		14.7	
Richard Hayes	3:09:29	c	Manchester	07-Apr	3:47:23	16.7	
Trevor Holmes	3:11:31	c	London	28-Apr	3:15:09	17.2	
Tom Cable	3:13:12	c	London	28-Apr		17.7	
Wullie McGarrell	3:13:45	c	Chester	06-Oct	3:07:58	17.9	
Alex Staniforth	3:14:29	c	London	28-Apr	2:54:39	18.1	
Daniel Paddock	3:17:48	c	Chester	06-Oct		19.0	
Nick Duffy	3:21:44	c	Chester	06-Oct		20.1	
Andrew Cooper	3:25:40	c	Chester	06-Oct		21.1	
Andrew Carter	3:32:28	c	Chester	06-Oct	2:59:01	22.9	
Robert Boggild	3:34:26	c	Chester	06-Oct	3:35:42	23.4	
David Irving	3:34:55	c	Chester	06-Oct	3:44:04	23.5	
Anthony Spruce	3:38:41	c	Blackpool Festival	28-Apr		24.5	
Jack Gannon	3:43:19	c	Chester	06-Oct		25.6	
Mark Davies	3:54:14	c	Chester	06-Oct	2:55:35	28.2	
Richard Hunt	3:57:17	c	Liverpool 'Rock-n-Roll'	26-May	3:47:23	28.9	
Mark Gallager	3:59:28	c	Chester	06-Oct	3:41:44	29.4	
Tony Woodall	3:59:32(inj)	c	Chester	06-Oct		29.4	
Stephen Ball	4:04:44	c	Chester	06-Oct	4:05:21	30.6	
David Bish	4:46:55	c	London	28-Apr	5:04:16	39.3	